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TNR

Ready Now.
Anytime,
Anywhere.

Honoring Our People:
The 2009 Reserve Sailor of the Year





NAVY RESERVE
Ready Now. Anytime, Anywhere.

Ready Now!



*A ready
Total Force,
supported by a
comprehensive
continuum of
care, is the heart
of our Navy.*

Volume 2, Issue 8 August 2010

Shipmates,

This month we honor our Total Force: Active and Reserve Sailors and Navy civilians, the Navy's most important resource. Our vision is a seamless Navy Total Force valued for its service to the nation.

We honor our Navy Total Force because service is more than "just a job." Our oath is "to support and defend the Constitution of the United States, against all enemies, foreign and domestic." This is our covenant with our Nation. We honor this covenant with those Sailors and Federal civil servants serving today by doing all we can to ensure their service is truly meaningful, truly significant, and truly rewarding.

Honoring these worthy people is the right thing to do, and it is also necessary for our future. We are in competition for the nation's best talent. To attract, recruit, develop, assign, and retain the best talent, the Navy must continue to strive to be an "employer of choice," sought by the nation's best for a career of service to the Nation.

How do we honor our Total Force? One way, as MCPON Rick West says, is to be "Brilliant on the Basics." We must focus our efforts on the basic programs every command must do well: Career Development Boards, Sponsorship, Mentorship, Recognition, Command Indoctrination, and Command Ombudsmen Support. Being Brilliant on the Basics helps launch and advance successful careers. It's an investment in our future.

We also honor our Total Force by being a great employer. The Navy is focused on becoming and being recognized as a "Top 50" organization. Top 50 organizations believe people deserve a great place to work that is personally and professionally rewarding, valuing the individual skills, abilities and diversity each brings to the workplace. They deliver on their mission while fostering a culture of trust, respect, and cooperation.

Navy has been nationally recognized for excellence in workforce planning, training, education, diversity, and life-work integration. Current, prospective, and former members see our Navy as one of the nation's great workplaces, with "best in class" programs, policies, compensation, and a comprehensive continuum of care. The Navy Reserve has a key role in all of this: by allowing Sailors to "Stay Navy," the Navy Reserve provides career flexibility that most Top 50 organizations can't match!

Finally, it is important that we acknowledge and honor the legacy of our retirees and former members of our Navy team by building upon their achievements. They have entrusted to us the world's greatest Navy, and it is up to us to continue to defend the freedoms we inherited from them.

We value our diverse, high-performing and mission-focused force. We strive to ensure every member of our Total Force knows that we want them to succeed, and that we appreciate their service, talent, skill and dedication. By honoring our Total Force, the Navy Reserve is a key element of the maritime force our nation and the 21st century demands today and in the future: "America's Navy, A Global Force for Good."

VADM Dirk Debbink
Chief of Navy Reserve

FORCM Ronney A. Wright
Navy Reserve Force Master Chief



August 2010

Compartment

- 02.....LETTER FROM THE EDITOR
- 03.....FOCUS ON FAMILIES
- 04.....DIVERSITY
- 05.....CAREER COUNSELOR
- 06.....SPIRITUAL NAVIGATION
- 07.....GETTING IT TO THE SAILOR
- 08.....MONEY MATTERS
- 09.....LEADERSHIP
- 11.....PROFILES IN
PROFESSIONALISM
- 16.....BACK TO BASICS
- 28.....ANCHORS IN THE DIRT
- 30.....READING LIST
- 32.....RC PHONE DIRECTORY

Features

- 10.....BATTLE OF MIDWAY SURVIVORS
HONORED
- 12.....2009 RESERVE SAILOR OF THE
YEAR
- 15.....2009 RESERVE SAILOR OF THE
YEAR FINALISTS
- 18.....2009 SHORE SAILOR OF THE
YEAR
- 20.....AFRICAN LION 2010
- 26.....NEW HORIZONS IN
HEALTHCARE

VICE ADM. DIRK J. DEBBINK
CHIEF, NAVY RESERVE
COMMANDER, NAVY RESERVE FORCE

REAR ADM. BUZZ LITTLE
COMMANDER, NAVY RESERVE FORCES COMMAND

REAR ADM. PATRICK MCGRATH
VICE COMMANDER, NAVAL AIR FORCES
COMMANDER, NAVAL AIR FORCE RESERVE

CMDR. CAROLINE TETSCHNER
FORCE PUBLIC AFFAIRS OFFICER

JIM VORNDRAN
EDITOR-IN-CHIEF

MASS COMMUNICATION SPECIALIST 2ND CLASS
RYAN HILL
EDITOR

MASS COMMUNICATION SPECIALIST 2ND CLASS
LESLIE LONG
CREATIVE DIRECTOR/PHOTO EDITOR

MASS COMMUNICATION SPECIALIST 2ND CLASS(SW/AW)
ELIZABETH MERRIAM
STAFF WRITER/WEBMASTER

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NAVY RESERVE

Ready Now. Anytime, Anywhere.

From the Editor



Readers,

The August edition of TNR is one of my personal favorites of the year. Each summer we get a chance to cover an event that honors a few of the Navy Reserve's finest. I am sure you already looked at the cover, so you will see we have a new Reserve Sailor of the Year; Hospital Corpsman 1st class (SCW) Shalonida L. Brewer. Congrats to HMI Brewer and all the finalists.

The reason this is my favorite magazine issue is because of how important I believe it is to recognize and honor our Sailors. SOY is a great way to do that, but it is by no means the only way. SOY, awards or letters of appreciation are all important ways to recognize someone. One of my favorite ways is by simply saying "Thank you." Its easy to say, immediate and from the heart—a perfect combination.

Each month as we put TNR together we work to meet many goals. We want to communicate important information to the force, family members and even employers, but most of all we want tell your stories. I guess I could say it is our way of honoring you and recognizing your efforts.

So, this is the part where I ask for your help. Before you go out and do the great work you do in the Navy, think about a story and photos for TNR. We want to recognize your good work by publishing feature stories and high resolution action photos. Occasionally we are unable to publish some of the great stories we receive because of the lack of photo support. When taking photos for submission to TNR, almost any digital camera will do (except cell phones). The important thing is to break out that owner's manual and figure out how to set your camera to its highest quality setting. Computer monitors are great for displaying low resolution 72 dots per inch (dpi) photos, but when you want to print hard copies at the drug store or get published in a monthly magazine, 300 dpi is the way to go.

If any of you budding journalists or photographers have questions on what kind of content we are looking for, give us a call. Anyone on our staff can give you tips on how to produce the best story and photos. Who knows, your story could be published here soon.

Oh, by the way. "Thank you."

FOCUS ON FAMILIES

HEALTHY HABITS HEALTH COACHING FROM MILITARY ONE- SOURCE



IT'S EASY to start a new nutrition or exercise program. But without the right support it's easy to stop a program, too. That's where Military OneSource Healthy Habits Health Coaching steps in—with the extra attention and encouragement that can keep you on track. Healthy Habits Health Coaching consists of two separate, unique parts: the Life Health Assessment program and our “iCan” programs.

Whether you're a service member or family member, you can use these programs to achieve your health goals—to lower your risk for heart disease, maintain or reduce your body mass index, or minimize the stresses of everyday life—including deployment stress.

Life Health Assessment Program

This program provides a global evaluation of a person's physical health, behavioral health and motivation to change. Participants answer a series of questions online and immediately receive a detailed personal report that helps them understand how to make real and lasting changes.

iCan Programs

The iCan programs are clinically based, year-long health-coaching programs. Features include working with a health coach on the phone or online, a personal homepage with a tracker; interactive tools, and more.

The iCan programs use a personalized, flexible, and supportive approach to help participants reach their health goals and make long-term changes.

- iCanChange helps participants learn how to fuel their bodies with healthy foods, begin a program of enjoyable physical movement, and learn to relax more.
- iCanRelax helps participants become aware of stress and how it affects them, and gain skills for handling reactions to stressful demands and changes (a six-month program).

- iCanThrive helps participants who have cardiovascular risk factors, including high blood pressure, cholesterol concerns, or diabetes—or those who have already suffered heart disease or stroke.
- iCanAchieve can help teens maintain a healthy lifestyle focusing on nutritious eating, increasing physical activity and reducing screen time.

Like all Military OneSource resources and programs, Healthy Habits Health Coaching is free to all active-duty, Guard, and Reserve members and their families. To learn about Healthy Habits Health Coaching or to begin one of the programs, go to www.MilitaryOneSource.com and click on “Health Coaching” at the bottom of the homepage or call 1-800-342-9647.

This article is provided to service members and their families as part of the Military OneSource program, which offers information and support on a wide range of family and personal issues. To access the program go to www.militaryonesource.com or call Military OneSource today. From the United States call 800-342-9647. Military OneSource is brought to you by the Department of Defense at no cost to you.

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DIVERSITY



CHIEF OF NAVY RESERVE'S DIVERSITY STRATEGIC VISION

VADM Debbink has recently signed his Diversity Strategic Vision Statement. The Chief of Naval Operations has stated that we must anticipate and embrace the demographic changes of tomorrow and build a Navy that reflects our country's make up. He has challenged all who serve to do the same through leadership, mentorship, service, and example. The Reserve Component plays a vital role in the retention of skilled Sailors and is a valuable partner in embracing diversity. By leveraging our footprint across the Nation, the Navy Reserve facilitates sustained engagement with local communities. Located in all 50 states and the US territories, Guam and Puerto Rico, the Navy Reserve is uniquely positioned to support recruiting and retention efforts in pursuit of the CNO's vision.

Diversity Strategic Vision

1. The Navy Reserve, as a key component in the Navy Total Force, is committed to attracting and retaining diverse men and women who reflect the face of our Nation. Equally important is our commitment to achieve by 2037 the CNO's vision of a Flag wardroom that more closely reflects the diversity of the Nation.
2. Diversity is a strategic imperative vital to the future of the Navy Reserve. It is more than equal opportunity, race, gender, or religion. By embracing diversity and inclusion, we recognize that each member brings different skills, talents, and experiences that will create an environment of excellence. Diversity of thought and ideas captures the vast talents vital to mission success and will make our Navy stronger.
3. With locations in all 50 states, and the territories of Guam and Puerto Rico, the Navy Reserve is uniquely positioned to support recruiting and retention efforts. We are able to facilitate engagements with the American public by leveraging our footprint across the Nation. This enables us to communicate unique opportunities to those who desire to serve their country, on either a full or part-time basis.
4. Additionally, the Reserve Component provides "Stay Navy" options to help retain operationally relevant and fully trained Sailors. Seamless transitions between Active and Reserve Components offer long term, flexible Navy career opportunities to all Sailors while enabling the Navy to meet mission requirements in a more cost effective manner.
5. By focusing on leadership, outreach, mentoring, and life/work initiatives, the Navy Reserve will help attract and retain a diverse workforce and shape the future of the Navy. We will continue to promote "Continuum of Service" solutions to attract the best and brightest while fostering an environment of equal opportunity for all - across all ranks, rates, and communities.



D. J. Debbink

CAREER COUNSELOR CORNER

BONUS ELIGIBILITY



WRITTEN BY:
CNRFC CAREER INFORMATION AND RESOURCES
OFFICE AND ENLISTED INCENTIVES OFFICE

THIS column will focus on bonuses, how to determine if you're eligible for a bonus, and if so, what type of bonus you might be eligible for.

First and foremost, if you think you might be eligible for a bonus, contact your unit/NOSC bonus clerk or Command Career Counselor (CCC). There is some general information you should be aware of when it comes to bonuses. All bonus clerks or CCCs should forward bonus paperwork to Commander, Navy Reserve Forces Command (CNRFC) enlisted incentives office within five working days of the Sailor's first drill weekend or the date of reenlistment. Include a copy of the specific incentive written agreement with the application. Current versions of the written agreements can be found on the CNRFC enlisted incentives website (see links and references below). Sailors must have less than 16 years of total federal military service to be eligible for a bonus.

New Accession Training (NAT) Bonus. To be eligible for a NAT bonus a Sailor must:

1. Be recruited into an eligible rating/NEC listed in the NAVADMIN in effect on the date of enlistment and serve in the same rating/NEC.
2. Successfully complete initial active duty training consisting of basic training, A school and C school if required, and affiliate with the Navy Reserve in an inactive duty training (IDT) status, drilling immediately following separation from Active duty.
3. Incur a six year obligation to drill in the Navy Reserve in an IDT status.*

Affiliation Enlistment Bonus. Applicable to members with prior Active and/or Reserve service who affiliate or enlist in the drilling Navy Reserve in eligible ratings. To be eligible for an affiliation bonus a Sailor must:

1. Be a NAVET affiliating or enlisting in the drilling Navy Reserve for three or six years in the same rating/NEC in which they served while on Active duty and which is approved for bonus entitlement.
2. Be a NAVET/OSVET approved for affiliation/

enlistment via the RESCORE-R or DPEP program in a rating approved for bonus.

3. Have received an honorable discharge at the conclusion of their obligated Active duty service.
4. Not have previously received a bonus for affiliation, enlistment, reenlistment or extension in a Reserve component.
5. Not have been a drilling Reservist in the previous 12 months prior to current affiliation/enlistment.
6. Incur a three or six year obligation in a drill pay status in the Navy Reserve.*

Reenlistment/Extension Bonus. To be eligible for a reenlistment/extension bonus a Sailor must:

1. Reenlist for three or six years or extend current enlistment for three years in a rating/NEC that is approved for bonus.
2. Have not previously been paid a bonus for reenlistment/extension unless reenlisting/extending to qualify for a consecutive bonus.
3. Incur a three or six year obligation to drill in the Navy Reserve satisfactorily.*

* Failure to complete the terms of the obligation will result in termination of bonus. Sailors whose bonus is terminated will not receive any further payments for that bonus and will be subject to recoupment of a pro-rated amount of the bonus received, as applicable. If your bonus is terminated, you will be responsible for contacting DFAS and working out payment arrangements. Bonus clerks/CCCs should submit termination letters electronically to CNRFC (N11) when Sailors fail to maintain continued eligibility requirements.

Links and References

CNRFINST 1001.5F
NAVADMIN 012/10 - REENLISTMENT/EXTENSION BONUS
NAVADMIN 253/08 - NAT BONUS
NAVADMIN 041/08 - AFFILIATION BONUS
DFAS Customer Service - 1-888-332-7411
Enlisted Incentives Webpage -
https://private.navyreserve.navy.mil/3447B/n1/CNRFC_N112/default.aspx

SPIRITUAL NAVIGATION



HONORING OUR PEOPLE

WRITTEN BY:
CAPT. JOAN H. WOOTEN, CHC, USN

THERE are many ways to honor another person. When we are touched by someone's courage, kindness, contribution or sacrifice, we can offer recognition as a way to honor them. It is important to realize how to honor the people around us for their extraordinary efforts.

At its simplest level, we honor a person by saying, "thank you." We do this when we honor our mothers on Mother's Day, our fathers on Father's Day, and certainly our nation's war deceased on Memorial Day. Why do we honor someone? It is simply because we need to. Saying "thank you" in so many words or by the giving of gifts satisfies a deep longing within the giver, and a deep need for recognition within the one who is honored. Even those who protest by saying "Aw, I'm no hero" or "I was just doing my job" or "I really don't deserve this," light up when they are given an award, a letter, or a token of appreciation. They may express embarrassment or reticence, but inside they are delighted and gratified to have been recognized. Also, those who do the honoring are equally delighted and gratified. It seems to be the way we are made, the way we are hard-wired as human beings, that we both need to honor and need to be honored. The grace and gratitude associated with both responses convey a fuller and more joyful side of life.

Throughout the last two years I have been privileged to participate in several banquets of honor for warriors and their families at Returning Warrior Workshops held in our various regions. At these events I have occasionally encountered people who don't feel they have

done anything very significant, and are not sure their experience is particularly worth noting compared with someone else's. In other cases, a returning warrior may want to forget the whole deployment, effectively placing it in a box and sealing the lid shut. Family members and significant others may also be anxious to move on and fill the new space with a happier set of memories. To revisit what was stressful, painful, traumatic or frightening, and to be honored for it, may seem like a strange and useless expenditure of time, travel and money.

We can never underestimate the importance of saying "thank you."

The Navy feels otherwise. Our Navy believes there is no more important way to spend a weekend than to gather our returning shipmates with their loved ones, and to say "thank you." What we discover as we sit around the table sharing experiences and offering and receiving tokens of thanks, is honoring our people not

only feels right; it is also a necessary part of what makes us truly human.

We can never underestimate the importance of saying "thank you." Our Navy is filled with people of extraordinary courage and kindness who have made extraordinary contributions and sacrifices. When we honor them, we offer each other an irreplaceable gift that brings wholeness, healing, fullness and joy. It doesn't get much better than that.

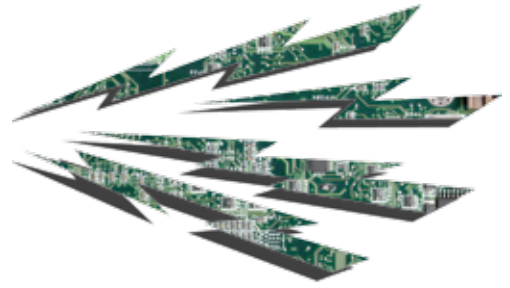


Want more information? Visit <http://www.navyreserve.navy.mil> and click the "Questions or Comments" button.

GETTING IT TO THE SAILOR

PROTECTING YOURSELF FROM PHISHING ATTACKS

WRITTEN BY:
BY LT. CMDR. MICHAEL LEACHMAN
FORCE INFORMATION ASSURANCE MANAGER



PHISHING is a criminal technique used to lure internet users to fraudulent or spoofed websites. These attacks are on the rise and are causing significant harm to victims. An estimated 3.6 million adults lost a total of \$3.2 billion in phishing attacks in 2007.

Threats from these attacks have spread from your desktop to your cell phone and multimedia devices. Staying in the know about these new threats is important to every organization and individual. Easily identifiable spam-like mass phishing campaigns have evolved to the more sophisticated spear-phishing attacks. Spear phishing attacks are low volume attacks that are difficult to differentiate from legitimate e-mails and are very technically advanced. Anti-phishing filters are having an incredibly hard time keeping pace. Websites representing popular social networking sites (such as facebook and twitter), auction sites (like pay pal and ebay) and banking sites are just a few of the mechanisms used to lure the unsuspecting public.

One of the more common attacks experienced in the Navy Reserve is through e-mail. A great deal of effort has been devoted to solving the phishing problem through prevention and the detection of phishing e-mails and websites. Automated detection systems are the first line of defense against phishing attacks. These tools are very effective, but can only address part of phishing threats. User education offers a complementary approach in reducing risk, raising awareness and helping internet users to better understand and recognize fraudulent websites and e-mails. To further safeguard against attacks, online users should seek training in the recognition of these attacks. This is one of the focal points presented in our annual information assurance awareness training.

Some practices that can help personnel mitigate phishing risk include turning off your Outlook reading pane

and not opening links in e-mails. Allowing Outlook to automatically open your e-mail puts your computer at risk to spam, phishing and viruses. If you suspect an e-mail is a phishing attempt or spam, please report it by attaching the e-mail message as a file and sending it to NMCI_SPAM@nmci-isf.com.

To further reduce risk, users should also look for https at the beginning of the URL in the address bar, the padlock in the top right of the address bar, the green address bars in the latest high security browsers (IE 7.0 and above) and the trust mark to be present to the right of the padlock. Furthermore, users should open a new browser window for each session and type in the web address of the site you wish to visit. Since threats change quickly, it behooves the home user to keep their computer system software patched at all times. This includes your operating system, applications, anti-virus, anti-spyware and firewall software. Lastly, remember banks don't request personal or account information through e-mail.

For additional information on phishing, please visit the Department of the Navy CIO website at <http://www.doncio.navy.mil/ContentView.aspx?id=722>, or for a quick and humorous training video, visit the Federal Trade Commission website at <http://www.ftc.gov/bcp/edu/multimedia/ecards/phishing/>.



MONEY MATTERS



TRAVELLING THIS SUMMER? TAKE ADVANTAGE OF COST SAVING, MILITARY LODGING

WRITTEN BY: CMDR. CAROLINE S. TETSCHNER,
CNRFC PUBLIC AFFAIRS OFFICER

MY in-laws are retired Army who love their military retiree benefits. This past spring, they even planned their more than 1,000 mile road trip around military bases, ensuring they would stay only at base quarters along the way.

While my husband and I are not that hard core in our vacation planning, we made sure to include a couple of overnight stays at a base in Germany during our vacation there. This proved to be a great option for several reasons. First, by staying at the Swabian Inn, the Army-owned bachelor officer quarters on "Patch Barracks," in Stuttgart, we got to visit one of the prettiest areas of Germany on the cheap. For the (then) price of \$30 a night (it has since gone up to a still competitive \$43 per room), we not only received a great rate for a local hotel, but also had access to the many benefits an overseas base provides.

While we visited neighboring castles, hiked through the black forest and drank in the local culture, we had the added benefit of shopping for cuckoo clocks at the PX, doing laundry in the Q, and drinking inexpensive coffee at the snack bar. For those couple of days, our stay at Patch Barracks was not only great on our pocketbooks, it gave us the chance to use the many amenities offered on military bases that are often hard to come by and are more expensive in foreign cities.

Types of Military Lodging - Base Quarters

There are several different types of DoD owned and operated lodging options. The Stuttgart BOQ example is generally the least expensive type of military lodging. There are military quarters located most everywhere there's a base. At <http://dodlodging.net>, you can make reservations at Air Force Inns (the Air Force's Q equivalent) and the Navy Gateway Inns. The website also offers links to Army and Marine Corps base quarters. You'll find great value here.

For example, if you're looking to stay at Key West Florida, the Navy Gateway Inn offers a standard room for \$70 per night. While that's still a relatively high BOQ rate, it's a value compared with staying elsewhere in this expensive resort area. A quick web search for commercial lodging options

in Key West found the average rate was \$140 per room. The Navy Inn offered a 50 percent savings. That's quite a few beverages or key lime pies on Duvall Street.

If you're travelling with a large family and want more of the hotel experience, the Navy Lodge is a good option for you. Offering double beds and kitchenettes complete with stove tops and refrigerators, these rooms are generally more spacious than the military quarters but cost a bit more. On our recent move to Norfolk, we stayed at the Little Creek Navy Lodge for almost one month. My seven-year-old daughter loved it so much she asked, "Mom, can we live here?" There are Navy Lodges in 18 states and four foreign countries. More information is available at <https://www.navy-lodge.com/>

Resort Quarters – Armed Forces Recreation Centers

If you're looking for a "destination hotel," one with a lot of bells and whistles including on-site restaurants and numerous recreational amenities, you might consider one of the five Armed Forces Recreation Centers, located around the world. There's the Cape Henry Inn in Virginia Beach, Shades of Green resort at Disney World, Hale Koa on Waikiki, Dragon Hill Lodge in Korea and Edelweiss Resort in Bavaria. I've stayed at four of these resorts and would rate them well above average in terms of value and service. <http://old.armymwr.com/portal/travel/recreationcenters/>

These are Benefits for You and Your Family

You work hard as a dual-hatted citizen, serving both your civilian community and your country. These discounted lodging options are a great benefit that you're entitled to as a military member. So before you go on that well-deserved vacation, why not consider exercising these great berthing options? Who knows...you might even begin to plan road trips around military bases!

This article just scratches the surface of locations where military lodging is available. When planning your own travels, consult base directories and websites to find even more great deals on lodging.

DESIGNING A STRONG RECOGNITION PROGRAM



WRITTEN BY:
CMDR. STEPHEN FERRIS
CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT

THE need for recognition is universally recognized as a fundamental motivator of human behavior. It's also a critical factor in stimulating an individual's professional pride in organizational membership. Leadership can use these insights as they design and manage their own recognition programs. A well-managed recognition program can have a direct impact on the ability of a unit to retain its top performers, recruit talented new Sailors, and accomplish its assigned mission.

A recognition program is the public acknowledgement of an individual's performance. It strengthens the link between a Sailor's behavior and leadership's goals for the unit. It is a celebration of success and a public statement of leadership's appreciation for their Sailor's efforts. An effective recognition program can increase a unit's mission readiness by improving a Sailor's work performance and the overall spirit of the command. Consequently, leadership has the dual responsibilities of implementing existing recognition programs in a professional manner while designing new recognition opportunities to meet unit specific circumstances. Given the importance of formal recognition programs for ultimate unit success, it is useful to explore what constitutes key considerations in their design. The following discussion will be helpful to unit leadership to satisfy both of these responsibilities.

Considerations in Designing a Recognition Program

1. *Understand the difference between recognition and incentives.* An incentive is an inducement that is advertised well in advance and is designed to get people to do something. Recognition is after the fact and represents a thank you for what has been done. Recognition is about appreciation and gratitude. Incentives are performance based rewards.
2. *Keep recognition criteria flexible.* Too often the criteria by which a Sailor can receive recognition is limited. Leadership should look for opportunities to creatively recognize its Sailors. This means creating unit level recognition programs. This allows leadership to design recognition that will reflect success in the face of unit specific challenges and circumstances.
3. *Open nominations.* Sailors at all levels and across all departments or divisions should be eligible for recognition. Outstanding performance can occur at any level or at any location within a unit. Similarly, be sure the process allows recognition nominations to be submitted from all ranks.
4. *Maintain the confidentiality of the selection process.* In many cases, individuals will be nominated who are not really deserving. Ensuring the confidentiality of the process can avoid needlessly hurting someone's reputation while maintaining the credibility of the recognition program itself.
5. *The recognition should be special, not expensive.* Recognition is a symbol of the unit's or the Navy's appreciation for a job well done. It is not a substitute for compensation or advancement. Recognition should not be expensive in terms of dollars, time or effort. An inexpensive certificate or other comparable memento can have a lasting effect on a Sailor's motivation.
6. *Include the family in presentations.* Whenever possible, leadership should include the family when it recognizes a Sailor. The family is critical to a Reserve Sailor's success so recognition should be extended to them as well.
7. *Good Judgment.* There is no substitute for good judgment by unit leadership in managing an effective recognition program. This will result in the right Sailors being recognized at the right time and with the right amount of recognition.

A good recognition program can improve unit readiness through its direct impact on Sailor performance. Recognized Sailors are more engaged in their work. They will perform at a higher level and provide superior service overall. Recognition also builds a stronger bond between Sailors and leadership. As this relationship strengthens, Sailors intensify their commitment to the unit and the Navy.



Survivors of the Battle of Midway Honored

Written by Submarine Group 9, Force Protection Detachment 2 Public Affairs

THE 68th anniversary commemoration of the Battle of Midway was sponsored by the San Francisco chapter of the Naval Order of the United States and held at the historic Marines' Memorial Hotel. The commemoration is held each year to honor the survivors of the Battle of Midway and to commemorate that victory. This year's honorees included nine veterans and one widow. In support of the ceremony, Submarine Group 9, Force Protection Detachment 2 (COMSUBGRU9 FP Det2), provided eight members to escort the honorees.

The guest of honor was Adm. Eric T. Olson, commander, U.S. Special Operations Command and the first Navy SEAL to reach the rank of Admiral. The president of the Mess, Rear Adm. Thomas L. Andrews III, recognized COMSUBGRU9 FP Det2 for serving as the color guard and as executive assistants. He individually recognized the Sailors of the Year (SOY) in attendance, including Boatswain's Mate 1st Class Michael Fucci and Master-at-Arms 3rd Class Edward Demoraes.

"I was extremely honored to be introduced as the Navy Operational Support Center, Alameda and Reserve Component Command Southwest Region Sailor of the year during the Battle of Midway Dinner," Fucci said. "Having a chance to speak to the Battle of Midway veterans and hear the stories of heroics and what life was like in the Navy back in the 1940s was quite an experience." Fucci is the leading petty officer for COMSUBGRU9 FP Det2.

The honor of being part of the commemoration was felt among all the attendees.

"One can read history books or watch movies, but I believe nothing compares to spending time with some of the men who played a part in one of the most decisive battles in naval history," said COMSUBGRU9 FP Det2 Senior Enlisted Leader Senior Chief Sonar Technician (IUSS) Patricia Coons. "The Battle of Midway dinner provided my fellow Sailors and me the opportunity to talk with these distinguished individuals, allowing us to learn, first hand, about the battle and the sacrifices of those who served before us."

PROFILES IN PROFESSIONALISM

We have many talented people in our Navy. Each month we highlight our stellar Sailors and some of the unique careers, skills and services they are providing to the fleet. E-mail the editor, james.vorndran@navy.mil, for the submission form if you'd like to nominate a Sailor. Please include a high-resolution (300 dpi) 5"x 7" digital photo of the candidate.



**Personnel Specialist 1st Class
Raymond Rollon**

Hometown: Anaheim, Calif.

Command: Navy Region Northwest Reserve Component Command

Unit: Manpower Department

Brief description of your Navy job: I deal with the pay and personal records of Active duty and Selected Reserve members in the Northwest region.

Brief description of your other duties at the command: I am the Vice President of the Staff Association Organization. The goal is to help coordinate events that will raise the morale of the command. I also help mentor and educate children in the Drug Education for Youth (DEFY) program.

What has been your greatest Navy achievement? I think the greatest achievement for me was going on an individual augmentee assignment to Iraq. It was a great experience for me because I feel like I made a contribution to my country.

Who has been your biggest influence since joining the Navy and why? The first chief I had at my first command has been the biggest influence on my career. He taught me everything; from how to do my job, to leadership skills. He taught me the good and bad of the Navy and that no matter how high you climb in rank, never forget where you came from.

What do you enjoy most about the Navy? Traveling and the knowledge I've gained. I think if you open your mind, there is so much to learn and gain from your experiences and the people around you.

Most interesting place visited since joining the Navy: Iraq, because it was such a different culture and the environment was so extreme.

Current hobbies: Playing basketball and computer games and helping out the community with volunteer events.



**Hospital Corpsman 2nd Class
Gerald Axsom**

Hometown: Mitchell, S.D.

NOSC: Sioux Falls, S.D

Unit: Naval Mobile Construction Battalion 15

Brief description of your job: In charge of NMCB 15 Det Sioux Falls personnel for medical needs, shots, records, and training for the Det personnel. CPR classes for Det personnel. Ensure readiness of Det personnel.

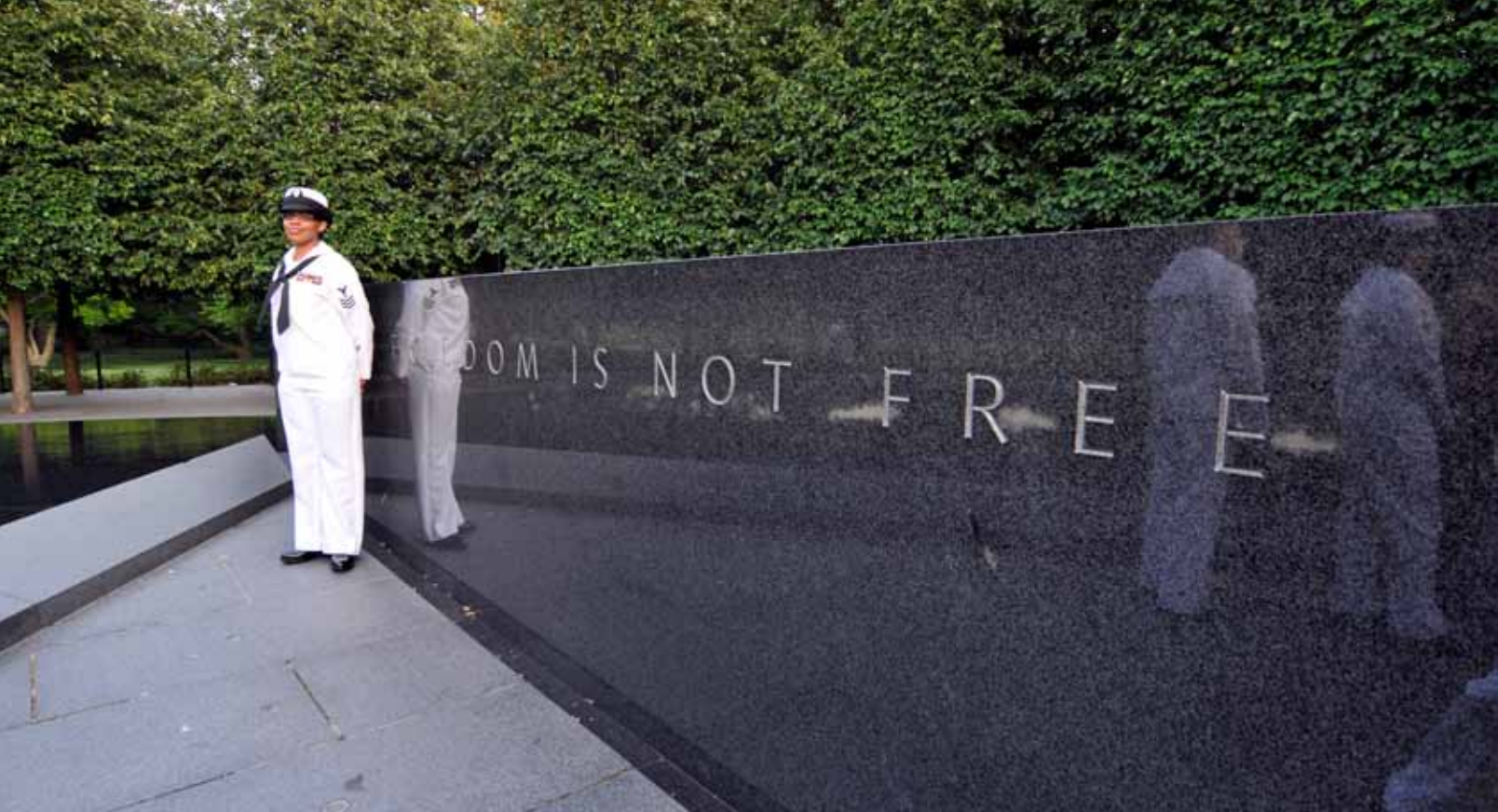
Civilian job: Intensive Care Unit Nurse. I work as a Registered Nurse in a 36 bed ICU. I also instruct advanced cardiac life support and pediatric advanced life support to other RN and physician staff of the hospital.

What has been your greatest Navy achievement? Shellback ceremony in 1997 aboard the USS Belleauwood, LHA-3. We did Operation Dessert Fox in the Persian Gulf and a seven-month deployment.

What do you enjoy most about the Navy? The travel and meeting new and interesting people. I love to travel and do new things every deployment. I like the fact that the Navy is very open to letting the Reservists travel.

Who has been your biggest influence since joining the Navy? My first class HM1 Heap. He taught me to never give up and always follow my dreams. I learned how to be a good supervisor by watching him be an excellent one.

Current Hobbies: Motorcycling on my Harley Davidson, hunting, fishing, and including my two boys in my hobbies.



Hospital Corpsman 1st Class (SCW) Shalonda L. Brewer, assigned to the Navy Expeditionary Medical Unit in Landstuhl, Germany, poses at the Korean War Memorial in Washington, D.C.

Reserve Sailor of the Year 2009

Written by Mass Communication Specialist 1st Class Doug Mappin. Photos by Mass Communication Specialist 2nd Class Bo Wriston

FOR Hospital Corpsman 1st Class (SCW) Shalonda L. Brewer, travel from Germany to Washington, D.C., was a long and tiring trip, but she was excited at the prospect of seeing her nation's capital for the first time. Brewer, a native of St. Louis, Mo., is currently mobilized in support of the Navy Expeditionary Medical Unit in Landstuhl, Germany.

Joining Brewer on this trip were the four other finalists for the 2009 Reserve Sailor of the Year (RSOY). The other finalists included Naval

Air Crewman 1st Class (NAC/AW) Angelica Angilletta, VR-56, NAS Oceana, Va.; Equipment Operator 1st Class (EXW/SCW/FMF) Paul E. Franco, N.S.W. Seal Team 18, Little Creek, Va.; Naval Air Crewman 1st Class (NAC/AW) Raymond G. Larson, HSC-85 NAS North Island, Calif.; and Engineering Aide 1st Class (SCW) Dwight A. Woodley, OSU Bronx, N.Y. and cross-assigned to Center for Professional Development.

Monday, May 3, the finalists were brought together for an icebreaker.

After brief introductions, Force Master Chief Ronney Wright told the group of how special and hectic this week was going to be for each of the finalists.

"This is going to be a busy week for the five of you. We're going to show you what Washington, D.C., has to offer," Wright said. "But tonight, we want this to be a moment for you to sit back and relax. No matter who is named the Reserve Sailor of the Year later this week, you all are winners." After three hectic days of tours, meetings, dinners and interviews,

the final day had arrived. After assembling at the Ft. Myer Officers' Club, a luncheon hosted by Chief of Navy Reserve, Vice Admiral Dirk Debbink, honored the five finalists before he would announce the RSOY.

"What a week this has been. I imagine it has been a blur for you. This year's candidates are outstanding. Through our final interview this morning where we had some great conversations, we learned of your insights, and your thoughts," Debbink said. "These five Sailors were practicing something that was near and dear to all our hearts in the Navy, and that was mentoring. The cool thing was they were mentoring us—they were mentoring the six master chiefs and myself."

And then there was one.

When Brewer's name was announced a blank calmness on her face was immediately replaced by a nervous but proud smile. After each finalist had been awarded the Navy Commendation Medal, Brewer moved to thank everyone who had participated with her during the week. As she did, she stopped and turned to each of her fellow finalists, shaking their hand and thanking them before taking the podium.

"Coming here this week was hard, but I got to meet four awesome shipmates. From day one, like the Force Master Chief told us, this was going to be a great week. Even with the physical training, the interviews and the tours, this was truly a great experience. It is an honor for me to stand up here today and it makes me all the more proud to be in the Navy," Brewer said. "This is my family. This is awesome!"

"Words are failing me," she continued, "But as I stand here with each of you, I am grateful to have met you and I hope to keep in touch with you all. We had a lot of fun this week and we learned a great deal together."

Along with the honor of being named RSOY, Brewer will meritoriously

be advanced to the rank of chief petty officer at a ceremony to be held at the Pentagon in July.

Brewer joined the Navy within days after graduating from high school in 1999, looking to further her education. In 2007, she cross-rated to hospital corpsman. Now, three years later, she feels she is still receiving an education while serving with Operational Health Support Unit, Camp Lejeune, Detachment E.

During the three days leading up to the final luncheon, Brewer and the other four finalists shared a frenetic fast-paced itinerary with numerous office visits. They toured the halls of the Pentagon, and the capital's memorials and museums. Early Tuesday morning, the finalists ran the perimeter of Arlington National Cemetery, ending up at the foot of the Iwo Jima Memorial for the first of many informational tours.

The Sailors received a phone call from Master Chief Petty Officer of the Navy (SS/SW) Rick D. West. They also

visited Vice Chief of Naval Operations, Adm. Jon Greenert, and Deputy to the Assistant Secretary of Defense for Reserve Affairs, Mr. David McGinnis.

During their tours, the finalists paid respects to those who had fallen in battle at Arlington National Cemetery, witnessing the ceremonial change of the guard at the Tomb of the Unknown Soldier. Later that day, the group toured the Vietnam War Memorial, the Korean War Memorial, and the Lincoln Monument. They wrapped up the evening with a night-time visit to the World War II Memorial.

On the last day of tours, the finalists viewed the most sacred of American documents at the National Archives. They viewed original documents of the Declaration of Independence, the Constitution, and the Bill of Rights. Following the tour of the archives, they were immediately whisked off to Annapolis, Md., where the finalists were given a guided tour of the U.S. Naval Academy.

During the tour, initially led by Midshipmen 2nd Class John Patterson, the finalists viewed the midshipmen's private quarters. The tour also included visits to the tomb of John Paul Jones, one of the greatest Navy leaders of the American Revolution. A favorite stop was a tour of the Naval Academy's high-tech bridge simulator room in Luce Hall. While they were there, the Sailors learned how to pilot a ship through a virtual world that could mimic any scenario Navy vessels might encounter in the real world. Every few minutes the instructors changed the simulations from day to night maneuvers. The simulator's visuals were realistic enough to cause one finalist to feel seasick during rough sea state scenarios.

Thursday morning, the last of the four days, the finalists met with Secretary McGinnis. Before their final interview with Debbink and the five board members, the board members offered their final thoughts on the five finalists.





Hospital Corpsman 1st Class (SCW) Shalonda L. Brewer, assigned to the Navy Expeditionary Medical Unit in Landstuhl, Germany, reacts to being named the 2009 Reserve Force Sailor of the Year May 6, 2010.

"One of the things I'd like to say to each of you, is thank you," said Command Master Chief Wilton Wilhem, NCHB-5. "You have each shown and reminded us of how important it is to mentor our Sailors. I have been impressed by your leadership and comments during this week."

Later that afternoon, before announcing the name of the RSOY, Debbink told the audience about the difficulties in serving today's Navy Reserve.

"We are hard on our Reservists. We demand a lot of them," Debbink said. "We also put a lot of pressure on their families. We put a lot of pressure on their employers. At the end of the day, after spending this morning talking with them, we talked about why we serve in the Navy. We have the opportunity to serve together, and I think the Force Master Chief was right; we could have selected any of the candidates because they are all winners, but

we had to choose one. Ladies and gentlemen, the 2009 Reserve Sailor of the Year is HM1 Brewer."

Brewer is a radiologist in her civilian career. While serving in the Navy Reserve, Brewer attended Barnes-Jewish College Nursing and Applied Health where she received an Associates of Applied Science Degree in Radiologic Technology.

Debbink's closing remarks barely had a chance to stop echoing through the walls of the Ft. Myer Officers' Club when Brewer proved her worthiness of being chosen Reserve Sailor of the Year.

As guests departed the officer club, a 69-year-old patron fell down a flight of stairs as he was departing. Immediately taking charge of the situation, both Brewer and Wright (also a corpsman) checked the patron's vitals, alertness, checked for bleeding and broken bones and provided medical care until the Ft. Myer's emergency medical crews

arrived. The incident showed that anyone can be called to duty at any time and in any situation.

Brewer credits her Navy experience with helping her handle the unexpected situation.

"The Navy has trained me to be a leader, but more importantly the Navy has taught me to see things in a different perspective. In Germany, as a radiological tech, I see people coming from the theater who are injured," Brewer said. "It has been an honor for me to serve with them. We take so much for granted. Working with my staff and hearing the stories from our troops is truly humbling. My job in the Navy has given me opportunities I would never have had. I owe so many experiences to the Navy. Being a corpsman allows me to help people; that is what I find rewarding."



Reserve Sailor of the Year 2009 Finalists



AWF1 (NAWS/AW) Angelica A. Angilletta

"I originally joined the Navy to do something with my life. I came from a Wisconsin family who worked at General Motors and I was set to follow in my parent's footsteps. One day my mom pulled me aside asking, is this what you want to do for the rest of your life? I thought about that and looked to the Navy as a means of going beyond what my life was. I look at three guiding principles: God, family and country—I love the Navy."

EO1 (EXW/SCW/FMF) Paul E. Franco

"In my civilian life as a New York City fireman I work in a busy neighborhood. As a Sailor I work with a lot of people in different rates. I have had the opportunity to serve as a mentor to many younger Sailors. We had one particular young man who we all took under our wing while serving in Iraq. As he gained experience, we could see the satisfaction in his face of doing a job well. As a Sailor I've learned three things while serving: Step up, turn out and do the right thing. Everything else falls in place."



AWFS1 (NAWS/AW) Raymond G. Larson

"When I was a kid I saw the movie 'Taps' and I begged my mom to send me to a military school. As I grew older and became of age, I joined the Navy. As a Sailor I learned of sacrifice; and I gained the insight that we each have the opportunity to make a difference and a lasting impact on others."

EA1 (SCW) Dwight A. Woodley

"I joined the Navy to learn a trade, job skills and to gain leadership skills. I find the culture of the Navy addictive. It helped me gain my confidence in mentoring. I was looking for adventure and a chance to see the world."



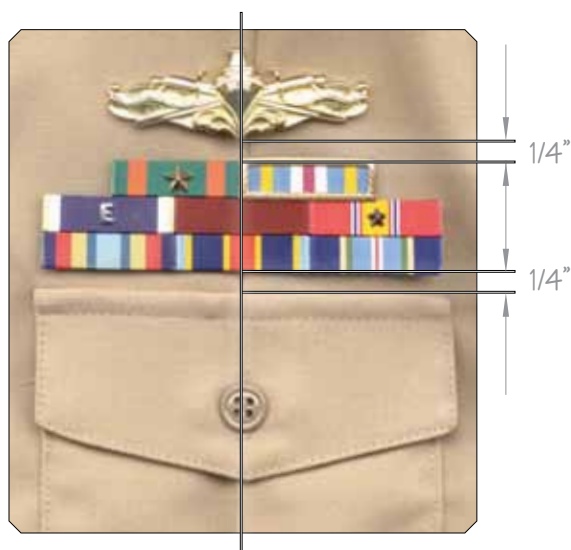
BACK TO BASICS

Words by
Mass Communication Specialist 2nd Class Ryan Hill

Note: Photo representations are not to scale.

This month we will take a little refresher on the proper wearing and displaying of ribbons on a uniform.

These measurements apply to all ranks and are taken from the Navy uniform regulations NAVPERS 15665I.



THE RIBBON RACK

Ribbons are worn in order of precedence, from highest to lowest, inboard to outboard. Ribbons are worn in rows of three. If not in multiples of three, the uppermost row contains the lesser number. Arrange the center of this row over the center of the one below it. The bottom of the ribbon rack shall be placed 1/4 inch over the left breast pocket. On uniforms with no left breast pocket, place ribbon rack in the same relative position as if there were a pocket.

If the Sailor has more than three ribbons, he may wear only three ribbons as long as they wear the three most senior ribbons. To determine the level of ribbon precedence, check the ribbon and medal precedence chart at <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/UniformRegulations/Chapter5/5301.htm>.

(1) Breast insignia are worn on the left side of the uniform in a primary position, or a primary and secondary position.

(a) Primary position with ribbons or medals. The insignia is centered above ribbons or medals with the lower edge of the device 1/4 inch above the top row of ribbons or medals.

(b) Primary position without ribbons or medals. The insignia is centered above the left pocket with the lower edge of the device 1/4 inch above the top of the pocket. For Navy coveralls and utilities the insignia is centered above the left pocket with the lower edge of the fabric strip approximately 1/4 inch above the "U.S. NAVY" tape strip <article 3101.6>.

For Dinner Dress Jackets, men center the insignia on the left lapel, 3 inches below the notch; women center the insignia on the left lapel down one-third the distance between the shoulder seam and coat hem.

(c) Secondary position with ribbons or medals. The insignia is centered below ribbons with the top of the device 1/4 inch below the top of the pocket or pocket flap, or centered below medals with the top of the device 1/4 inch below the lowest row of medals.

(d) Secondary position without ribbons or medals. The insignia is centered 1/4 inch below the top of the pocket or pocket flap.

For Dinner Dress Jackets, center the insignia on the left lapel, 1/4 inch below the primary insignia.

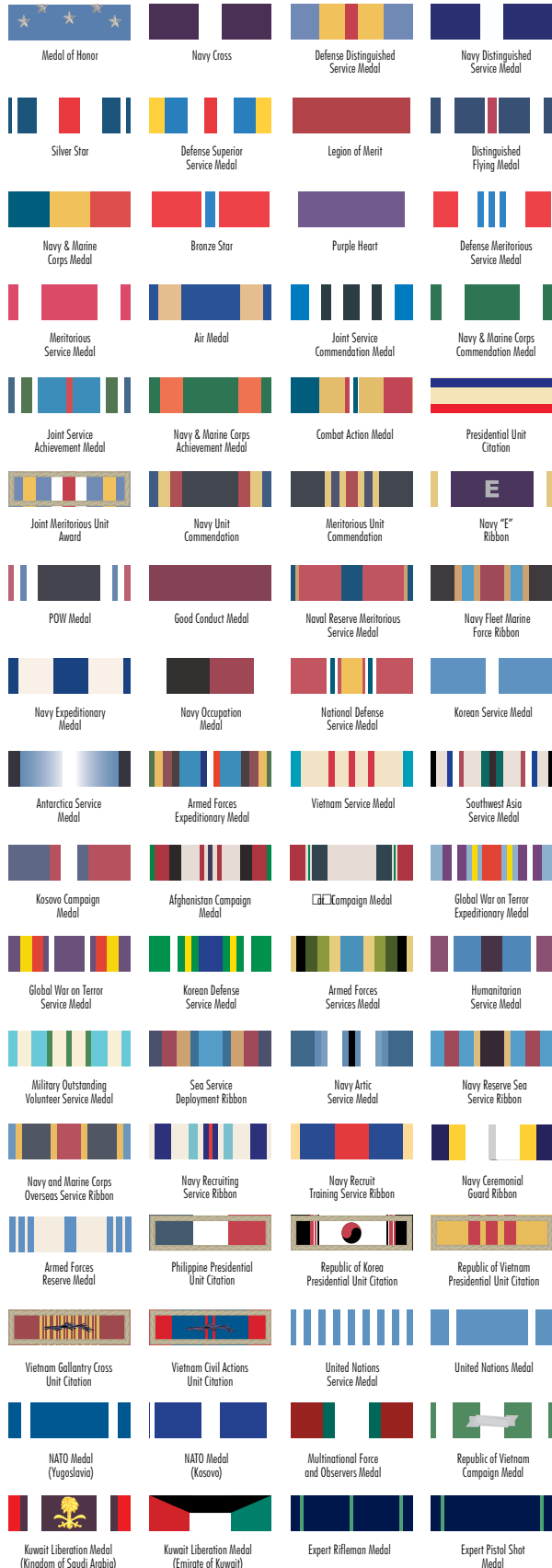
(2) If wearing only one device, place it in the primary position.

(3) Personnel with multiple qualifications, may wear two insignia, placing one in the primary position and the second in the secondary position, within the following guidelines:

(a) Only one insignia from any single category of insignia listed above <paragraph 5201.2.a.> is authorized for wear at the same time.

(b) Warfare qualification insignia take precedence over other qualification insignia and are placed in the primary position.

RIBBONS ORDER OF PRECEDENCE



RIBBON DEVICES

Center a single device on the ribbon: stars with two rays pointing down, oak leaf clusters as horizontally as possible with the stems of the leaves pointing to the wearers right. Place multiples of the same attachment in a horizontal line close to and symmetrically about the center of the ribbon.

A silver oak leaf cluster is worn in lieu of five bronze oak leaf clusters.

A silver star is worn in lieu of five gold or five bronze stars.





Shore Sailor of the Year 2009

Story and photos by Mass Communication
Specialist 2nd Class Charles White,
Navy Region Southeast Reserve Component
Command Public Affairs



TEN years ago, Yeoman 1st Class (SW/AW) Fernando Juan Quinones-Perez was a married, struggling college graduate in Puerto Rico when he and his best friend decided to speak to a Navy recruiter. Fast forward to the present and Quinones says joining the Navy was the best choice he could have made.

This is reinforced by the fact he has been named the Commander, Navy Reserve Forces Command (CNRFC) Shore Sailor of the Year (SOY) and as one of five finalists for the Vice Chief of Naval Operations (VCNO) Shore SOY.

Quinones was brought up in very humble and very family oriented beginnings in Aguadilla, Puerto Rico.

"We grew up by basically surviving, but there was plenty of love when I was growing up with my family," said Quinones.

Like many Puerto Ricans, Quinones grew up enamored with the sport of baseball, and he was good at it.

Playing well in college, he believed his chances of playing professionally were pretty good. Fate would have a different path for him to follow.

"I didn't get the call," Quinones said.

After baseball, his prospects were few, but he found work as an assistant manager at a retail store where he was burned by unfulfilled promotion promises.

"I thought I was doing absolutely nothing with my life. I wasn't going in the right direction," Quinones said.

Interestingly, Quinones' best friend found himself in nearly the same position for another company. His friend felt the same way and had been equally disenfranchised by the same broken promises.

Quinones remembers clearly, it was while watching a baseball game between the Indios de Mayaguez and the Lobos de Arecibo of the Puerto Rico Baseball League, when he proposed "joining up" to his friend.

"I said 'why don't we join the Armed Forces?' and he said yes. Within a week we took the ASVAB and we ended up in the Navy," said Quinones.

They had made their way into a Navy recruiter's office and were impressed by who they found.

"He [the recruiter] was kind of fun, and it was a fun story he was telling us," Quinones remembers. After a lunch with their recruiter and some more fun sea stories, the two decided the Navy promised the experiences they had been looking for. They both joined May 27, 1999.

Holding a bachelor of arts degree in television and radio communication from the University of Puerto Rico, Arecibo, Quinones was first interested in being a photographer's mate or a journalist. He ultimately decided on being a yeoman due to rate availability and the ability within the rate to further his education, which was one of his primary reasons for entering the service.

Quinones' first tour of duty was on the USS Oriole (MHC 55) out of Ingleside, Texas. He credits the good and bad of this initial tour with shaping him into the Sailor he is today.

"The first three years were the toughest ones, but believe me, those three years were the ones that actually made me the Sailor I am today," Quinones said. "All the long duty days, long watches, being underway, and doing a lot of jobs at the same time were what made me. It was during my time aboard the USS Oriole that I understood the value of sailorization and the importance of teamwork."

Quinones says he got lucky with his second tour, which was shore duty in Miami, Fla. While there, he was able to eat authentic Hispanic food and travel cheaply to his hometown in Puerto Rico.

"If I could go back to Miami, I would go back in a heart beat," he said. "It was a great duty station."

After Miami, Quinones found himself in Jacksonville, Fla. at Helicopter Squadron (HS) 75, where he was advanced to the rank of petty officer 1st class. It is at HS-75 where Quinones says "I started understanding the way the Navy operates. It was my first time leading people."

He checked into his next command, Navy Region Southeast Reserve Component Command (NRSE RCC) in 2007, motivated to perform and excel. Recalling his check-in brief with the command master chief, he remembers saying, "The only thing I need is an opportunity so I can show everybody what I am capable of." He was given that opportunity as the administrative leading petty officer and he took advantage of it.

Quinones was first selected as his command's SOY. He then competed with the SOYs of the 23 Navy Operational Support Centers in the Southeast region for the regional title.

"You overwhelmed the master chief petty officers of our region," hailed Capt. Rey S. Consunji, commander,

NRSE RCC. "You came out on top and deservedly so."

Quinones was shocked he had been selected at the regional level, but was blown away by the honor of CNRFC SOY.

"This Jibaro (which Quinones translated as meaning 'a person from the woods') from Aguadilla, Puerto Rico, going and making it to that level just by doing what he loves to do in the Navy is amazing. It's a blessing," Quinones said.

Although he did not get selected as the VCNO Shore SOY, he did make it through the first set of cuts. With 29 Sailors up for the honor, Quinones was selected as one of five finalists and was invited to participate in the VCNO chaired awards board in Washington D.C.

It was there the five finalists were told by VCNO, Adm. Jonathan W. Greenert, they represented the top .03 percent of Sailors in the Navy; an experience Quinones remembers as the highlight of his Navy career so far.

Quinones is careful not to take all the credit for his success.

"Without my peers and the junior Sailors that provide me the fire to wake up early in the morning and put me in a position to succeed, I would never have made it this far."

Two other life changing events occurred in 2009 that cannot be credited to his shipmates, but do cause him to claim that year as his best ever.

"I finished my masters degree; something I planned back in

1999. I was finally able to do it ten years later in 2009."

Quinones' degree was in human resources and development from Webster University. He plans on continuing his education and eventually completing his doctorate.

More important than his degree or his title of SOY was something that was much more difficult to accomplish. After more than a year of fertility treatments, he and his wife Zacha conceived and in 2009 gave birth to twins; his daughter Camilla and his son Marcel.

"Finally, after all the struggles we went through to have kids. It's a blessing," said Quinones.

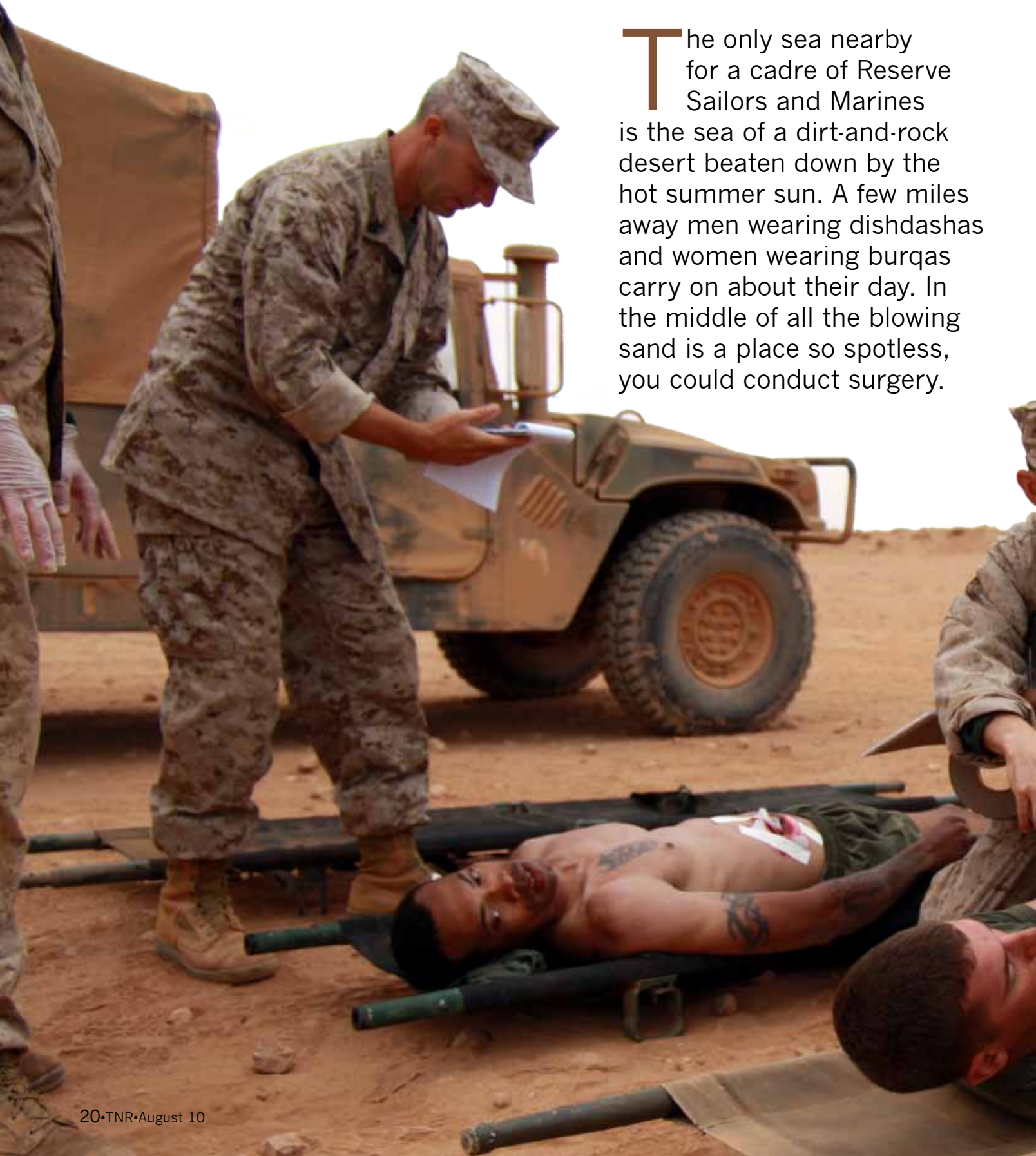
Tying his great 2009 back to his athletic roots, Quinones said "For me, everything is related to baseball. It's like I was the MVP of the 2009 World Series."

As far as the Navy is concerned, Quinones had finally made it to the big leagues. He has finally gotten the call.



AFRICAN L

The only sea nearby for a cadre of Reserve Sailors and Marines is the sea of a dirt-and-rock desert beaten down by the hot summer sun. A few miles away men wearing dishdashas and women wearing burqas carry on about their day. In the middle of all the blowing sand is a place so spotless, you could conduct surgery.



ION 2010

STORY AND PHOTOS BY
MAJOR PAUL GREENBERG
MARINE FORCES RESERVE
PUBLIC AFFAIRS



These Navy and Marine Reservists are not in Iraq. They are not in Afghanistan. The men and women of the 4th Medical Battalion are deployed to the Cap Draa training area in Morocco's southwestern desert. They have set up here and are operating from a Forward Resuscitative Surgical Suite (FRSS) trauma center as part of exercise African Lion 2010.

This new life-saving capability provides trauma and surgical care to Marines and Sailors in an expeditionary environment, both in training and combat. The capability was first employed in its current form in 2003.

The Marine Corps Reserve battalion is headquartered in San Diego, but has small units located throughout the United States. The 23 Marines and Sailors who deployed for the exercise hail from detachments in 14 states.

Lt. Cmdr. Hank Deters, a Reservist with a detachment from the battalion's Company A in Pittsburgh, Pa., was the officer-in-charge of the FRSS team in Morocco.

"Level one care is corpsman care on the battlefield," explained Deters. "Level two trauma care is what we do, usually in two tents with a surgical bed, a refrigerator for the blood, a ventilator with an anesthesiologist and other specialized equipment.

Level three is a MASH-type unit, which has more advanced equipment. It's in a hardened structure. Level four care is a modern hospital outside a combat zone where they have post-surgical care."

From the time they arrive at a forward operating base or combat outpost, a FRSS can typically set up their tents and equipment and be ready to receive patients within one hour, according to Deters.

"Some call it meatball surgery or damage control surgery because it isn't a complete surgery," said Deters. "You just do what you have to in order to save the patient's life. During the Vietnam War and Desert Storm, up to 25 percent of our wounded were dying on the way to the hospital. This is saving that 25 percent."

Cpl. Saundra Rosenbalm from Company A's detachment in Knoxville, Tenn., is an ambulance driver on the FRSS. She moves patients from the point of injury to the FRSS for treatment. After the surgery, she takes the patient from the FRSS to the pick-up point, usually an expeditionary airfield.

Rosenbalm is more than just a chauffeur. During surgery, she and the FRSS team's other Marines stand guard over the operating tents. They provide security and ensure no one brings weapons into the operating tents. Additionally, the Marines do a "sweep" of the patients coming in, ensuring they don't have any ammunition or explosives in their pockets or gear.





"We keep everyone else out so the docs can do their jobs," Rosenbalm said.

Rosenbalm spent most of her work days in Cap Draa transporting patients around the lunar-like training area and guarding the FRSS during simulated casualty drills. She also drove out to live-fire ranges with the doctors in order to be in position to evacuate U.S. or Moroccan troops in case of injury.

"This is definitely the best exercise I've been on in terms of training," said Rosenbalm. "All the units are busy, and everyone seems to be getting something out of the exercise."

Hospital Corpsman 2nd Class Kenneth Justice is team leader for the first medical team on the FRSS. His team receives patients in the "pre-op" tent and prepares them for surgery. They do triage, stabilize airways and control major bleeding with tourniquets and pressure bandages.

After surgery, the patients return to the first medical team's tent for post-operation care.

"We see patients when they come out of surgery and prep them for medevac," said Justice. "We 'package' the patients by securing all medical devices such as [intravenous] bags and oxygen tanks. We wrap them like a tamale in a flight blanket and get them ready to put on the helicopter or tactical ambulance."

The FRSS had the chance to perform surgery on a Marine who had an abscess

on his sacrum at the remote training area. The surgeons made an incision and drained the abscess in their surgical tent. After several days of recovery, the Reservist returned to full duty and was able to continue training with his unit.

Some members of the Reserve FRSS team will be back in Morocco next year for African Lion 2011, or will participate in different international theater security cooperation operations in Africa, Asia or South America instead.

Others will be called on to mobilize for a year to deploy to Afghanistan or Djibouti in support of Active duty U.S. forces in Operation Enduring Freedom.

Regardless of where they go, the Sailors and Marines of the FRSS bring a unique life-saving capability to the Armed Forces of the United States and their allies in expeditionary environments throughout the world.

Opening pages: Cmdr. Jonathan Kuehne (right) communicates to the medical receiving team that he has two urgent casualties requiring immediate surgical care during a mass casualty training exercise

Facing page: Petty Officer 3rd Class Stephen Opara (left) races to assist simulated casualties during a mass casualty drill.

Left: Lt. Cdr. Mark Ingram (left), implements the treatment plan for a simulated casualty. He is assisted by Petty Officer 3rd Class Stephen Opara (rear) and Petty Officer 3rd Class Robert Morris.

Below: Petty Officer 3rd Class Stephen Opara calls for assistance to aid a simulated Marine casualty.







New Horizons in Healthcare

Story and photos by:
Private First Class Samantha D. Hall
11th Public Affairs Detachment

The medical clinic opens around 8 a.m., but that does not stop several hundred Haitians from the Port Salut area from lining up outside much earlier. Many people stand with several children hanging on their sides, and some have been in line since 5 a.m.; all waiting to be seen by U.S. Navy Reserve medical personnel.

During a two-week period, the Medical Readiness Training Exercise (MEDRETE) held in the Port Salut area of Haiti provided nearly 5,000 Haitians with free, basic health care. Service members hoped to repeat those numbers during another MEDRETE held in the Les Cayes region.

During the MEDRETE opening ceremony, Cmdr. Rhonda McLain, MEDRETE officer in charge, Operational Health Support Unit (OHSU), stepped up to the podium. She looked at the Haitians attending and gave them hope for the future.

"We look forward to working collaboratively with the Haitian people to meet the health care needs of the population of Les Cayes and its surrounding communities," McLain said. "We are honored to be able to partner with you as your country moves towards a new horizon."

Sailors with OHSU, deployed from the Great Lakes region, moved throughout the American University of the Caribbean where the clinic is being held; each preparing their medical station for the first day of the MEDRETE.

"Our mission is to provide medical support to the Haitian population of Les Cayes," said Capt. Joan Olson, nurse, OHSU. "We can only provide level one care, which is basic care, but we anticipate level two, three and four care will be asked of us. Unfortunately, we can't provide that care so we have resources and referral networks in place for those patients."



Nicolas Gonzalez, a Uruguayan Soldier assigned to MINUSTAH(United Nations Stabilization mission in Haiti), checks a young boy's heartbeat during the Medical Readiness Training Exercise (MEDRETE).

Each station is situated in a classroom on the first floor of the university.

The stations are set up so each room has an open area with several rooms on the side for patient privacy.

"The first stop is a preventive medicine area where patients will learn tooth brushing skills," Olson said. "We'll provide toothbrushes and toothpaste."

At the preventive medicine area, the patients were also given vitamins and a class on proper hand washing.

After the class, patients were assisted by Navy personnel and translators in determining which station to visit next.

"The patient will present what is wrong and who they want to see," Olson said. "We hope to be able to provide two services per patient, per day."

As the line for medical care grew throughout the day, MEDRETE staff had to hand out red bracelets for people to

come back the following day.

"It's great for the community who cannot afford to travel to Port Salut to go to the doctors," Lisane Alexis, a local in the Port Salut area said. "This [clinic] comes at the right time for us. The line is so long because it's free."

Should a patient come through the clinic complaining of more than two medical problems, Olson and her staff will ask the patient which two are top priority.

"We will ask them what their two top priorities are today and make sure they can come back tomorrow for the third one," Olson said. "We want to be able to provide as much as we can for each person."

The staff also has 4,000 eye glasses donated by the Wisconsin Lions Club to provide to patients who may have trouble with their vision.

Patients were able to receive treatment from doctors, dentists and optometrists. "It went excellently," McLain said. "Our personnel put in 100 percent. If someone was done in their station they came around and

helped in other stations. We've also stayed late to get the job done."

The staff expected to be busy and see a variety of complaints and illnesses. "We saw a lot of headaches, a lot of post traumatic stress like not sleeping at night, memory loss; all from the earthquake," said Hospital Corpsman 2nd Class Judi Clauer, OHSU. "The majority of the people I talked to lost someone."

Clauer said she met a student at the university who lost his father and house. He was stressed and unsure how he would even continue school.

"Every story touches you," Clauer said. "A man was in a motorcycle accident, and I knew he was in a lot of pain, but you would never know because he just sits there and smiles."

Although most of the Sailors had not met before the exercise, many felt it went smoothly and was very efficient.

"I think it went very well," Clauer said. "It was well organized, considering many of us didn't know each other two weeks ago."

The staff of 41 Navy personnel was assisted during the MEDRETE by Haitian translators, Uruguayan doctors and nurses assigned to the United Nations Stabilization Mission in Haiti and local Haitian doctors.

The Haitian National Police are also assisting the 209th Military Police Company, deployed from Fort Polk, La., with security.

"Locals are being used as translators and some of the students who attend the university have stepped up, saying they will help us if needed," Olson said.

The MEDRETE in the Les Cayes area was held for nine days. Doctors and nurses anticipated at least 400 patients each day.

"We're going to be busy, which will be wonderful," said Lt. Cmdr. Amy Rohs, medical officer, OSHU. "We're going to see a lot of people that need our help. The most important thing is just showing support for them and comforting those who need care."

The Haitian patients were thankful for the opportunity to be treated;

something many cannot afford otherwise. "I am happy they are here we don't have money to afford health care elsewhere," Justeau Beaubrun, a local in the Port Salut area, said. "It shows they care about our health. I thank the [MEDRETE staff] for offering free care to the population [around Port Salut]."

Along with providing as much care as possible, Olson expected her troops to watch and learn.

"We're going to take back the stories of Haiti," Olson said. "We'll see many different types of illness and injuries for the staff to learn from." Rohs used what she learned on her first MEDRETE three years ago to assist in the Les Cayes MEDRETE. She created signs that explained the purpose of each medical station.

"When I was on my first MEDRETE, we didn't have signs for our clinics," Rohs said. "I tried to find a way to make it look colorful and make it very clear we're in a collaborative operation with Haiti. So all the signs have flags of Haiti and the U.S. to show the partnership involved with the MEDRETE."

The patients were not the only people thankful for the medical care provided by the members of OHSU.

"In the name of all the people of Les Cayes, I would like to thank the Navy and soldiers who left family at home to come help us," a representative for the mayor of Les Cayes said.

"What you have done goes straight to our hearts. The work you have done has greatly improved the relations between Haiti and the U.S."

"Thank you [Cmdr. Rhonda] McLain," U.S. Deputy Chief of Mission David Lindwall said. "Your team has done great things for the people of Les Cayes. What [the Navy Reserve] did in this country will be remembered for a long time."

The Port Salut and Les Cayes MEDRETEs are only a preview of what is to come. New Horizons humanitarian assistance exercises are planned for communities outside of Port-au-Prince. The exercises include MEDRETEs like these, as well as many engineering projects throughout the summer.

Lt. Cmdr. Elaine McNeight , center, and Hospital Corpsman 2nd Class Liezel Domingo, right , provide dental care to a Haitian citizen.





**WRITTEN BY CHIEF MASS
COMMUNICATION SPECIALIST
BRIAN NARANJO**

**PHOTOS BY CHIEF MASS
COMMUNICATION SPECIALIST
BRIAN NARANJO**



The events of the early morning hours escaped my consciousness – mainly, because I was unconscious through most of them.

I blinked my eyes and groggily took in my surroundings, looking around without moving my heavy head off the pillow. I was in a large room with beds and beeping monitor equipment. My right hand felt heavy. I looked down to see the back of my hand was attached to an IV tube, feeding some kind of solution into my body from a clear bag on a mobile stand next to my bed.

The bed had raised metal rails to keep a patient from falling out. Hitting the floor would be a bad thing.

I quickly saw I was in a hospital, and was horrified to feel the heavy bandage wrapped around my head. Suddenly, from a dark recess of my mind, a faint memory emerged. I vaguely remembered a dream that I was on the wooden floor in

our large tent, covered in my own blood. My tent-mates frantically moved around me, yelling for an ambulance. This tent was my new home, after I'd moved to the North Kabul Afghanistan International Airport compound to work on the staff of the ISAF Joint Command.

Of course, my bloody memory was no dream; the prime evidence of this was the fact I was in a hospital with an IV and a peculiar gauze and tape contraption stuck on my head.

What caused this? An IED? Rocket attack? Earthquake? None of the above. I had simply rolled off my bed from the top rack in our 16-man tent.

It was a five-foot drop. Judging by the dark purple bruises on my right shoulder and arm, my head wasn't the first thing to make contact with the hard plywood floor, thankfully.

PART 8

I should explain the mattresses in Afghanistan aren't much like mattresses at all. They're more like box springs (the springs actually cut through the material in places), and the sides collapse as you get close to the edge.

Unlike the hospital beds, there are no rails to keep a person from rolling right off the side.

My friends were awakened by the crash in the pitch-black tent, and immediately came to my aid. Of course, that's all I can really remember. In addition to bruising my arm and shoulder, I'd ripped a pretty good gash in the top of my head, which explained all the blood.

Fortunately, there's a French hospital nearby on the compound, and someone immediately sprinted



there to get some medical attention for me. Others gingerly examined my wound and applied pressure to stop the bleeding. Then my semi-consciousness faded to black.

Eventually, an ambulance came to bring me to the hospital. They gave me a CAT scan and X-rays to evaluate the damage. The doctor's diagnosis? A concussion. Duh.

At one point, as a nurse stitched up my head, I came to, glared at her, and demanded to know, "Why are you speaking French?!" Then I went to la-la land again. One of my friends relayed this amusing bit of information to me the next day. I recall nothing of the sort, of course.

The next day, I mostly slept, waking up for a few minutes before dozing off again. Finally, late in the afternoon, I woke up for an extended period, and my heart was warmed to see Maj. Kevin Inglin and Sgt. 1st Class Melissa Novakovich standing near my bed. I work with them, and they were two of many visitors I had throughout the next couple days.

There's nothing lonelier than being sick in a faraway land, separated from loved ones. I can attest to that, as can many others, from the many bouts of stomach ailments that plague troops in Afghanistan. It's a dirty, dirty environment. But worse than that is being hospitalized.

However- I've said this before, and I'll probably say this again; despite the misery and danger in this country, the people I serve with make it all worthwhile. And being in their thoughts, prayers and capable hands during a very dark episode (literally) was very comforting.

My friends brought my laptop and my global mobile phone to the hospital to pass the time. They also brought food and snacks and kept me company. We just made small talk, but I hope they realize how much it meant to have them there. The visitors crossed all the lines of



service: officers, enlisted, Navy, Air Force and Army. They all came to say hello and wish me a speedy recovery.

With my Blackberry, I was able to take pictures of my predicament, post them on facebook, and quickly made light of the situation. I mean, it was pretty ironic to consider I'd survived an IED attack relatively unscathed, only to sustain a serious injury by rolling out of bed!

I found out from a doctor I'd fared far better than I could have. In his heavy French accent, he told me, "If not for your arm and shoulder breaking your fall ... " His grim face and shake of the head finished the sentence. In fact, I learned from him, a Soldier at Camp Phoenix had suffered a similar fall, and was in a coma for 10 days. I silently counted my blessings.

In the bed next to me lay an Afghan contractor who'd been clipped by a car in a hit-and-run accident. He had busted up his knee pretty good, and initially sought help in a local Afghan hospital. But all they did was take his wallet and money, and kick him back out on the street.

Another Afghan, a child, wheeled around in a wheelchair, his right leg a stump. This little boy was the victim of a Taliban IED. He cruised up and down the hospital hallways, yelling out the only English word he knew: "HaIIIIlooooo. HaIIIIlooooo!"

Like they did with me, the French medical staff took excellent care of these patients. Again, I counted my blessings.

After a two-day stay at the hospital, my friends helped me back to my tent. I was relieved to see they'd moved me to a bottom rack. For the rest of my tour in Afghanistan, I laughed at the many jokes and comments made at my expense. It was all in good fun.

I had to keep the bandage on my head for another week, mainly to keep the stitched wound clean and safe from the foul air.

People would ask me what happened, and I'd tell them. Their response was always the same. "Oh! You're THAT guy!" Apparently the "Legend of the Fall" had made its way around the forces in the area.

My funniest interaction was with an Army general who asked me, "Hey Chief. What the hell happened to you?" "Oh, well, sir, I kind of fell out of bed."

The general's face went dark, and he shook his head. "Oh no. Don't tell people that." In a moment of inspiration, he smiled, and said, "Just tell 'em you got shot."



Accelerate your mind!

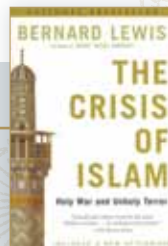
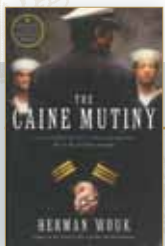
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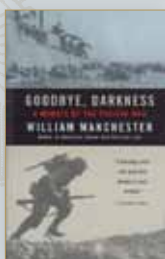
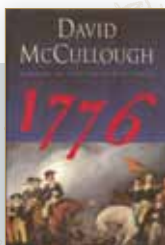
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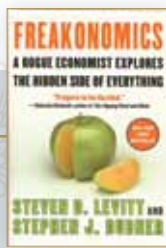
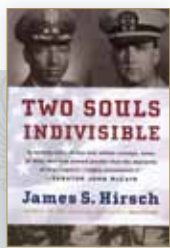
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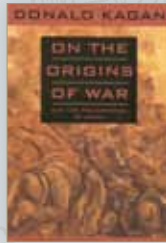
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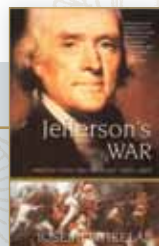
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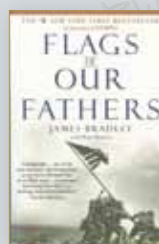
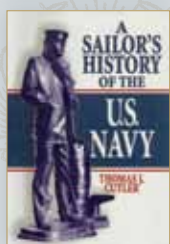
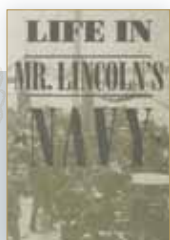
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Raleigh, N.C. (866) 635-8393	Pensacola, Fla. (850) 452-1341	Minneapolis, Minn. (612) 713-4600	San Jose, Calif. (408) 294-3070	VR-62 (904) 542-8557	Expeditionary Strike Group Three (619) 556-1470	
Richmond, Va. (804) 271-6096	Puerto Rico (787) 707-2324	Nashville, Tenn. (615) 267-6345	Tucson, Ariz. (520) 228-6289	VR-64 (215) 443-6400	First Naval Construction Division (757) 462-8225 x 222	
		Oklahoma City, Okla. (405) 733-1052		ETD Pacific 808-448-9278		
		Omaha, Neb. (402) 451-2098		Tactical Support Wing (817) 782-5295		
		Peoria, Ill. (309) 697-5755				

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Naval Health Clinic
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Naval Hospital
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Pensacola, Fla.
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Naval Hospital
Yokosuka, Japan
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Naval Surface Force
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Naval Surface Force
US Pacific Fleet
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NIOC San Diego, Calif.
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Commander
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US Sixth Fleet
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US Africa Command
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US Third Fleet
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Midwest
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Mid-Atlantic
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Navy Intelligence Reserve Region
Washington
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Midwest Det Millington
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Midwest Det Detroit
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Command
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Explosive Ordnance Disposal
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Explosive Ordnance Disposal
Group Two
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First Naval Construction Division
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Naval Construction Forces
Command
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Naval Coastal
Warfare Group

Maritime Expeditionary Security
Group One
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Maritime Expeditionary Security
Group Two
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Chief of Naval Air Training

CAOSO
(361) 961-3386

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(757) 322-6751



Photo Submissions:

Due 5th of the month.

High-resolution 300 dpi photos.

Set camera on the highest setting (TIFF, FINE and/or HQ). Shoot photos of action supporting the story. Posed shots or “grip-n-grins” are the least desirable. If the story is about people receiving awards, show us what they do that garnered said award.

Send us the original image. Do **NOT** tinker with it in Photoshop™ or other image-editing software. We will make any color corrections and edit it to fit into our page layout requirements. All photos **must** have a VIRIN and include cutline information identifying the subjects and what they’re doing in the photo. Also credit the photographer. Send photo submissions to leslie.long@navy.mil.

Story Submissions:

Due 5th of the month.

Monthly columns: at least 500 words. More is okay, we'll edit it.

Feature stories: at least 600-700 words and need supporting photos. Feature-based stories will compel the reader to read the entire story. We do not want a straight-news story written in inverted pyramid newspaper style.

Questions and Suggestions:

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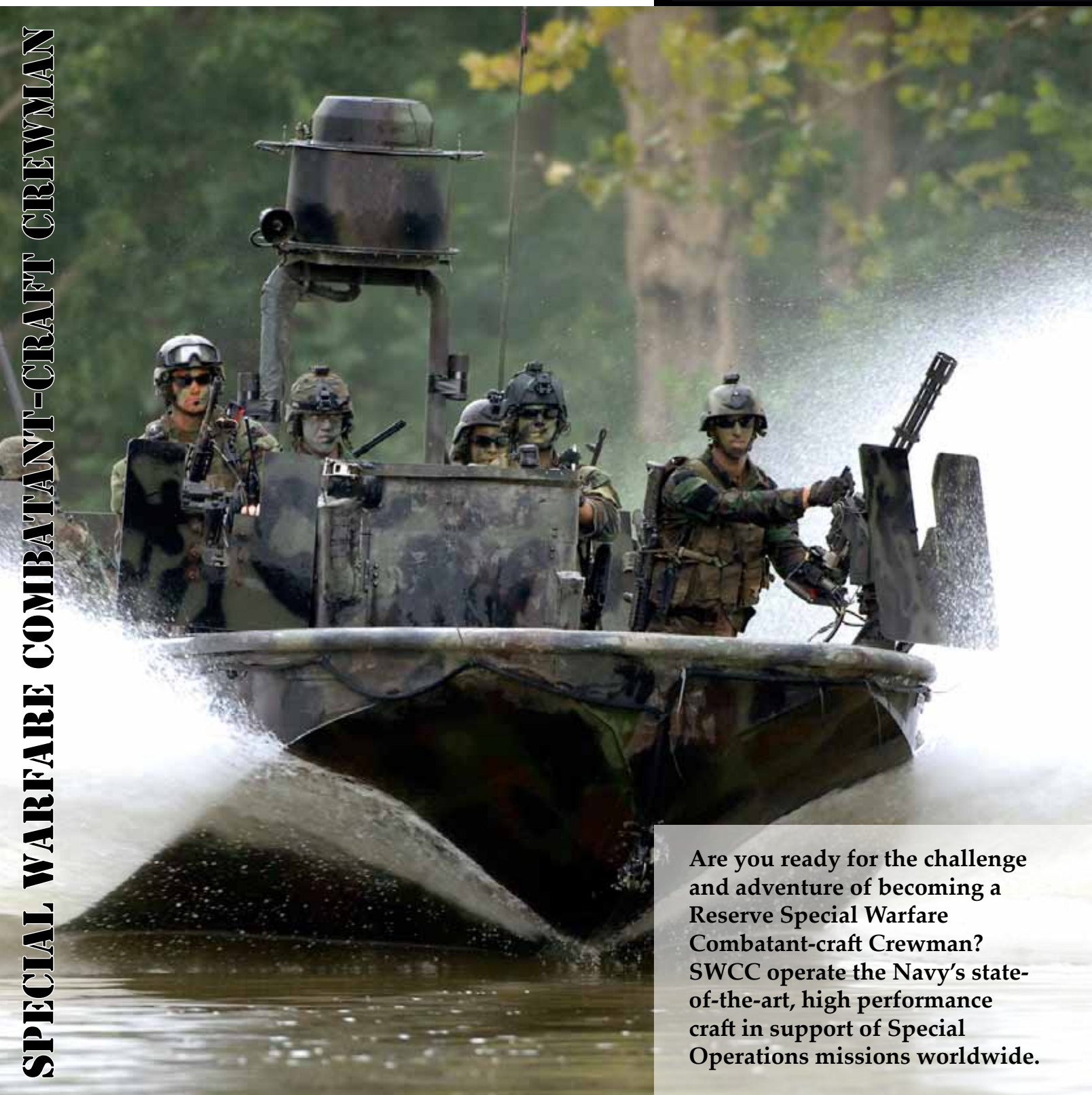
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